

Crown Jewel Gelatin Pie

READY IN



25 min.

SERVINGS



18

CALORIES



252 kcal

DESSERT

Ingredients

- 3 ounces cherry gelatin black
- 2 graham cracker crust (9 inches)
- 1.5 cups cup heavy whipping cream
- 3 ounces gelatin mix
- 1 cup pineapple juice
- 3 ounces raspberry gelatin
- 3 ounces strawberry gelatin
- 0.3 cup sugar
- 2 cups water cold divided

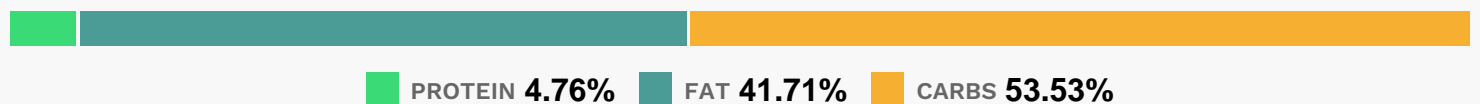
Equipment

- bowl
- sauce pan
- loaf pan

Directions

- In a small bowl, dissolve raspberry gelatin in 1 cup boiling water; stir in 1/2 cup cold water.
- Pour into a 9-in. x 5-in. loaf pan coated with cooking spray. Repeat with lime and black cherry gelatin, using two more loaf pans. Refrigerate until firm, about 2 hours.
- Cut each into 1/2-in. cubes.
- In a saucepan, combine the pineapple juice and sugar. Bring to a boil.
- Add strawberry gelatin and stir until dissolved.
- Add remaining cold water.
- Transfer to large bowl. Refrigerate until thickened but not firm, about 1-1/4 hours.
- In a large bowl, beat cream until soft peaks form. Fold whipped cream into strawberry gelatin mixture. Gently stir in cubed gelatin. Spoon mixture into crust. Refrigerate until firm, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:2.7, Inflammation Score:-2, Nutrition Score:3.4047826087993%

Nutrients (% of daily need)

Calories: 251.72kcal (12.59%), Fat: 11.87g (18.26%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 33.88g (12.32%), Sugar: 24.34g (27.04%), Cholesterol: 22.41mg (7.47%), Sodium: 184mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Manganese: 0.31mg (15.58%), Phosphorus: 61.3mg (6.13%), Vitamin A: 292.39IU (5.85%), Vitamin B2: 0.09mg (5.21%), Vitamin K: 4.79µg (4.56%), Folate: 16µg (4%), Copper: 0.08mg (4%), Vitamin E: 0.53mg (3.56%), Selenium: 2.38µg (3.4%), Vitamin B3: 0.65mg (3.24%), Iron: 0.58mg (3.21%), Vitamin B1: 0.05mg (3.13%), Calcium: 21.66mg (2.17%), Vitamin D: 0.32µg (2.12%), Zinc: 0.3mg

(2.02%), Magnesium: 7.95mg (1.99%), Vitamin B6: 0.03mg (1.73%), Vitamin C: 1.43mg (1.73%), Potassium: 58.61mg (1.67%), Fiber: 0.39g (1.54%)